

What is claimed is:

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1. An implantable therapy delivery system having an adjustable anchor, comprising:  
an implantable therapy delivery device;  
at least one therapy delivery element coupled to the implantable therapy delivery device;  
an adjustable anchor coupleable to the therapy delivery element, the adjustable anchor  
being implantable and including,  
a therapy grip element configured to be actuated to an open position and a closed  
position,  
at least two extension elements connected to the therapy grip element, the  
extension element extending substantially perpendicular from the therapy  
delivery element, and the extension elements being configured to actuate  
the therapy grip element; and,  
a tissue fixation element connected to the extension elements, the tissue fixation  
element configured to be fixed to a tissue location from an axial direction  
to the therapy delivery element.
  2. The implantable therapy delivery system as in claim 1 wherein the tissue location is near  
where the therapy delivery element enters the human body on subcutaneous tissue.
  3. The implantable therapy delivery system as in claim 1 wherein the two extension  
elements are actuated with a single pincer motion.
  4. The implantable therapy delivery system as in claim 1 wherein the therapy delivery  
element is an electrical lead.
  5. The implantable therapy delivery system as in claim 1 wherein the therapy delivery  
element is a catheter.

6. The implantable therapy delivery system as in claim 1 wherein the implantable therapy delivery device is a neurostimulator.
7. The implantable therapy delivery system as in claim 1 wherein the implantable therapy delivery device is a therapeutic substance delivery device.
8. The implantable therapy delivery system as in claim 1 wherein the therapy delivery system performs the therapy of sacral nerve stimulation therapy.
9. The implantable therapy delivery system as in claim 1 wherein the therapy delivery system performs the therapy of peripheral nerve stimulation therapy.
10. An implantable therapy delivery system having an adjustable anchor, comprising:  
an implantable therapy delivery device;  
at least one therapy delivery element coupled to the implantable therapy delivery device;  
an adjustable anchor coupleable to the therapy delivery element, the adjustable anchor  
being implantable and including,  
means for gripping the therapy delivery element to selectively open to disengage  
and close to engage the therapy delivery element,  
means for extension extending from the means for gripping substantially  
perpendicular to the therapy delivery element to selectively actuate the  
means for gripping to engage and disengage the therapy delivery element,  
means for tissue fixation for fixing the means for extension to a tissue location  
from an axial direction to the therapy delivery element.
11. The implantable therapy delivery system as in claim 10 wherein the tissue location is near where the therapy delivery element enters the human body on subcutaneous tissue.

12. The implantable therapy delivery system as in claim 10 wherein the means for extension is actuated with a single pincer motion.
13. An adjustable anchor for a therapy delivery element, comprising:  
a therapy grip element configured to be actuated to an open position and a closed position,  
at least two extension elements connected to the therapy grip element, the extension element configured to extend substantially perpendicular from a therapy delivery element, and the extension elements being configured to actuate the therapy grip element; and,  
a tissue fixation element connected to the extension elements, the tissue fixation element configured to be fixed to a tissue location from an axial direction to the therapy delivery element.
14. The implantable therapy delivery system as in claim 13 wherein the tissue location is near where the therapy delivery element enters the human body on subcutaneous tissue.
15. The implantable therapy delivery system as in claim 13 wherein the two extension elements are actuated with a single pincer motion.
16. The implantable therapy delivery system as in claim 13 wherein the therapy grip element has a substantially rigid grip surface.
17. The implantable therapy delivery system as in claim 13 wherein the therapy grip element is configured in a normally closed position.
18. The implantable therapy delivery element as in claim 13 wherein the therapy grip element covers at least about 25 degrees of the therapy delivery element.

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19. The implantable therapy delivery element as in claim 13 wherein the therapy grip element covers at least about 270 degrees of the therapy delivery element.
  20. The implantable therapy delivery element as in claim 13 wherein the therapy grip element covers more than about 360 degrees of the therapy delivery element.
  21. The implantable therapy delivery element as in claim 13 wherein the therapy grip element has at least two friction pads that engage the therapy delivery element at substantially opposing angles.
  22. The implantable therapy delivery element as in claim 21 further comprising release tabs to unlock the therapy grip element before the therapy grip element is actuated from the a closed position to an open position.
  23. The implantable therapy delivery element as in claim 13 wherein the therapy grip element further comprises a biasing element.
  24. The implantable therapy delivery element as in claim 13 wherein the therapy grip element has a grip stop surface that engages a complimentary extension stop surface to prevent the extension element from actuating the therapy grip element beyond a desired actuation limit.
  25. The implantable therapy delivery element as in claim 13 wherein the extension element is positioned at less than about 180 degrees in relation to the therapy delivery element.
  26. The implantable therapy delivery element as in claim 13 wherein the extension element is positioned at about 180 degrees in relation to the therapy delivery element.
  27. The implantable therapy delivery element as in claim 13 wherein the tissue fixation element has a fixation configuration selected from the group consisting of a suture, a staple, and a screw.

28. The implantable therapy delivery element as in claim 13 wherein the tissue fixation element is configured at a predetermined position in relation to the extension element.
29. The implantable therapy delivery element as in claim 13 wherein the therapy delivery element has at least one anchor position reference.
30. The implantable therapy delivery element as in claim 29 wherein the anchor position reference is selected from the group consisting of a visual reference, a tactile reference, an indentation, and a protrusion.
31. An adjustable anchor for a therapy delivery element, comprising:  
means for gripping the therapy delivery element to selectively open to disengage and close to engage the therapy delivery element,  
means for extension extending from the means for gripping substantially perpendicular to the therapy delivery element to selectively actuate the means for gripping to engage and disengage the therapy delivery element; and,  
means for tissue fixation for fixing the means for extension to a tissue location from an axial direction to the therapy delivery element.
32. The implantable therapy delivery system as in claim 31 wherein the tissue location is near where the therapy delivery element enters the human body on subcutaneous tissue.
33. The implantable therapy delivery system as in claim 31 wherein the means for extension is actuated with a single pincer motion.
34. A method for anchoring a therapy delivery element, comprising:  
inserting a therapy delivery element into a human body;  
opening the therapy grip element by actuating two extension elements;  
placing the therapy grip element on the therapy delivery element;

positioning the therapy grip element at a grip location on the therapy delivery element;  
closing the therapy grip element on the therapy delivery element by actuating the two  
extension elements;

securing the therapy grip element on the therapy delivery element when the therapy grip  
element is closed;

positioning a tissue fixation element at a tissue location;

fixing the tissue fixation element to tissue at the tissue location in an orientation along the  
axial length of the therapy delivery element; and,

connecting the therapy delivery element to a therapy delivery device.

35. The method as in claim 35 further comprising sensing adjustable anchor location on the  
therapy delivery element while positioning the therapy grip element at the grip location  
on the therapy delivery element.
36. The method as in claim 35 wherein the tissue location is near where the therapy delivery  
element enters the human body on subcutaneous tissue.
37. The method as in claim 35 wherein the two extension elements are actuated with a single  
pincer motion.
38. The method as in claim 35 wherein the therapy delivery device is a neurostimulator.
39. The method as in claim 35 wherein the therapy delivery device is a therapeutic substance  
delivery device.
40. The method as in claim 35 wherein the therapy delivery element is a stimulation lead.
41. The method as in claim 35 wherein the therapy delivery element is a catheter.
42. A method for operating an adjustable anchoring for a therapy delivery element,  
comprising:

opening the therapy grip element by actuating two extension elements;  
placing the therapy grip element on the therapy delivery element;  
positioning the therapy grip element at a grip location on the therapy delivery element;  
closing the therapy grip element on the therapy delivery element by actuating the two  
extension elements;  
securing the therapy grip element on the therapy delivery element when the therapy grip  
element is closed;  
positioning a tissue fixation element at a tissue location; and,  
fixing the tissue fixation element to tissue at the tissue location in an orientation along the  
axial length of the therapy delivery element.

43. The method as in claim 42 further comprising sensing adjustable anchor location on the therapy delivery element while positioning the therapy grip element at the grip location on the therapy delivery element.
44. The method as in claim 42 wherein the tissue location is near where the therapy delivery element enters the human body on subcutaneous tissue.
45. The method as in claim 42 wherein the two extension elements are actuated with a single pincer motion.